

**CANADA'S
MOST
TRUSTED
GROCERY
STORE FOR
LOW PRICES:**



*Based by Canadian shoppers based on the 2024 BrandSpark® Canadian Trust Study.



SAVE 30%

.33

SWEET CORN
product of U.S.A., no. 1 grade
each
maïs sucré
20131179001 EA



SAVE 56%

.88 LB

BARTLETT PEARS
product of Argentina, extra fancy grade
poires
1.54/kg
2017230001 80



SAVE 33%

1.99

PINT

BLUEBERRIES
product of U.S.A., Mexico or Morocco
340 g
bleuets
20080127001 EA



SAVE 33%

3.99

312 G

**PC® BABY SPINACH or
SPRING MIX**
product of U.S.A.
jeunes épinards ou mélange printanier
31204384 EA/31204385 EA

MAY

**HIT
OF THE
MONTH**



\$1⁵⁰

**Cheez-It Baked
Snack Crackers**
191-200g, selected varieties
Limit: 6, over limit retail \$2.50

\$3⁵⁰



**New Treasure Long Grain
Parboiled or White Rice**
2kg

WHILE QUANTITIES LAST



\$3

**Planters Deluxe Whole Cashews,
Salted or Unsalted**
200g, Limit: 6, over limit retail \$4.50

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. *Must be a registered PC Optimum™ member to get this offer. Valid from May 1st - 31st, 2024.

CANADA'S MOST TRUSTED GROCERY STORE FOR LOW PRICES.



NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, MAY 9 TO WEDNESDAY, MAY 15, 2024.



WOW!
2⁸⁸
LB

PEAMEAL BACON
6.35/kg
bacon embobé de farine de pois
20145416 KO

WHILE QUANTITIES LAST



CLUB SIZE

WOW!
6⁹⁹
LB

T-BONE or WING STEAK
cut from ungraded beef
13.41/kg
bifeck d'aloiau ou bifeck de côte d'aloiau
21497506 KO

WHILE QUANTITIES LAST



SAVE 28%
9⁷⁷
LB

ATLANTIC SALMON FILLET
fresh
21.54/kg
filet de saumon
20339767 KO

WHILE QUANTITIES LAST



SAVE 24%
4⁸⁸

NEILSON TRUTASTE 1%, 2%, SKIM or CHOCOLATE 4L or LACTOSE FREE 2L MILK
selected varieties
lait écrémé ou lait au chocolat ou lait sans lactose
20148677 EA/20188053001 EA



SAVE UP TO 33%
5⁹⁹

ROYALE BATHROOM TISSUE or TIGER TOWELS
selected varieties
papier hygiénique ou essuie-tout
21484702 EA/21173800 EA



SAVE UP TO 50%
.99

OCEAN'S LIGHT TUNA 85/170 g or GOLD SEAL SARDINES 125 g
selected varieties
thon pâle ou sardines
21004270 EA/21024465 EA



WOW!
\$10

ANNUAL HANGING BASKETS*
selected varieties, 10 inch
portiers suspendus d'annuelles
20053146 EA

WHILE QUANTITIES LAST



SAVE 33%
11⁸⁸
908 G

DAN-D PAK CASHEWS
selected varieties
noix de cajou
20314862002 EA



APP EXCLUSIVE OFFER*
1,000
\$1
8 KG

ROOSTER® SCENTED JASMINE RICE
riz au jasmin
20121871 EA

Deals from the past on select items. †



SAVE 25%
1⁴⁹

NO NAME® CHICKEN WIENERS
450 g
saucisses fumées de poulet
20058192 EA

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY:

nofrills.ca

AVAILABLE AT: BIC'S - AJAX, STEVE & ARANDA'S - AJAX, JOE & NIK'S - AURORA, ADL'S - BRAMPTON, DAVE'S - BRAMPTON, FAREZ'S - BRAMPTON, MICHELE & ALICIA'S - BRAMPTON, RAMAN'S - BRAMPTON, ROCKY'S - BRAMPTON, SARAJANGA'S - BRAMPTON, RYAN'S - EAST YORK, COSIMO'S - ETOBICOKE, ENGLAND & ANA'S - ETOBICOKE, JASON'S - ETOBICOKE, JEFF, ROSE & HEBB'S - ETOBICOKE, JEFF'S - ETOBICOKE, STEVE'S - ETOBICOKE, DAVE & ANNETTE'S - MARKHAM, PETER & SUZIE'S - MARKHAM, BOB'S - MARKHAM, YANISPAUL'S - MARKHAM, JOHN'S - MIDON, KISHLET'S - MISSISSAUGA, DANIEL'S - MISSISSAUGA, DANIEL'S - MISSISSAUGA, DENNIS - MISSISSAUGA, ANNA'S - MISSISSAUGA, TOM & MICHELLE'S - MISSISSAUGA, VITO'S - MISSISSAUGA, YANIS - MISSISSAUGA, DICKIE'S - NEWMARKET, JOHN'S - NEWMARKET, VINCENZO'S - NORBORN, CARLO'S - NORTH YORK, DURANT'S - NORTH YORK, JOHN & BIANCHI'S - NORTH YORK, JOHN'S - NORTH YORK, LEONETTI'S - NORTH YORK, LISTRO'S - NORTH YORK, RICHARD & BUTE'S - NORTH YORK, VITO'S - NORTH YORK, DINO'S - NORTH YORK, DINO'S - NORTH YORK, DINO'S - NORTH YORK, ADOLFO & NANCY'S - OAKVILLE, ADOLFO & NANCY'S - OAKVILLE, DILIAN'S - OSHANA, NADIM'S - OSHANA, SACCUSA'S - PICKERING, ENZO'S - RICHMOND HILL, JIM'S - RICHMOND HILL, BOB'S - RICHMOND HILL, ADRIAN'S - SCARBOROUGH, DAVE & CHARLOTTE'S - SCARBOROUGH, DAVE'S - SCARBOROUGH, NADIA'S - SCARBOROUGH, NADIA'S - SCARBOROUGH, ROD & JOE'S - SCARBOROUGH, STEPHEN'S - SCARBOROUGH, WTS - SCARBOROUGH, MICHAEL'S - SCARBOROUGH, ALF'S - TORONTO, ANDREW & SHIRLEY'S - TORONTO, ANTHONY'S - TORONTO, BARIANZI'S - TORONTO, BARRIN'S - TORONTO, DINO'S - TORONTO, FRANCO'S - TORONTO, GEORGE'S - TORONTO, GINO'S - TORONTO, JEFF'S - TORONTO, JIM & MARIA'S - TORONTO, LUCIANO'S - TORONTO, MIKE'S - TORONTO, NICHOLSON'S - TORONTO, ROCCA'S - TORONTO, ROCCO'S - TORONTO, SAM & NANCY'S - TORONTO, SAM'S - TOTTENHAM, ANTHONY'S - VAUGHAN, DINO'S - VAUGHAN, VINCE & FRANCA'S - VAUGHAN, CONROY'S - WHITBY, UZ'S - WHITBY, GARY - WHITBY, MIKE'S - WOODBRIIDGE

*not available in John's Wf Essex, 53 Arthur Ave Essex, Alan & Michelle's - NORFOLK North Bay 875 McEwen Avenue North Bay, Jeff & Toni's - NORFOLK North Bay 200 Lakeshore Drive North Bay, Dorell & Tracy's - NORFOLK London, 1275 Highway Ave, London, Garry's No Frills 7 Bass Lane B&E London

01 NFO G



1.99
LB

BEEFSTEAK TOMATOES
product of Ontario, Canada no. 1 grade or
EGGPLANT
product of U.S.A. or Mexico
tomates ou aubergines
4.39/kg
20434141001 EA/20155799001 EA



1.99

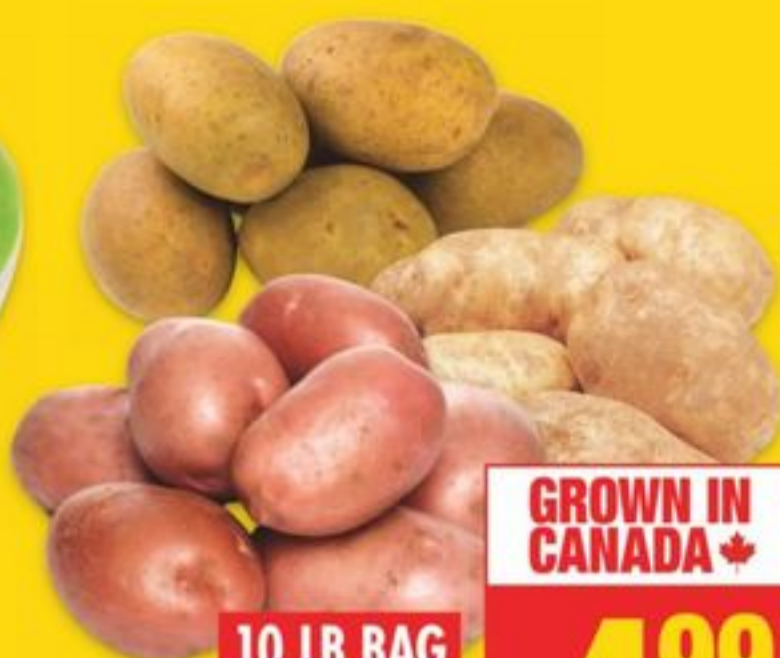
BROCCOLI CROWNS
product of U.S.A. or Mexico
each
couronnes de brocoli
21121540001 EA



3.99

STRAWBERRIES
product of U.S.A., no. 1 grade or
HONEYDEW
product of Guatemala
fraises ou melon miel
20049778001 EA/200452276001 EA

1 LB CLAMSHELL



10 LB BAG

RED, YELLOW, or RUSSET POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
20051015001 EA/20120928001 EA

GROWN IN CANADA

4.99



If your produce isn't fresh, we'll replace AND refund it.*



1.29

ENGLISH CUCUMBERS
product of Ontario, Canada no. 1 grade
each
concombres anglais
20079132001 EA



2.99

6 OZ CLAMSHELL

BLACKBERRIES
product of Mexico
mûres
20051915001 EA



3.99

CAULIFLOWER
product of U.S.A. or Mexico,
no. 1 grade
each
chou-fleur
20125377001 EA



.99

ATAULFO or RED MANGOES
product of Mexico
mangues
20121309001 EA/20059633001 EA



GROWN IN CANADA

2.99

3 LB BAG

FARMER'S MARKET CARROTS or YELLOW ONIONS
product of Canada, Canada no. 1 grade
carottes ou oignons
20609927001 EA/20811994001 EA



PKG OF 11

3.99

RED or GREEN PEPPERS product of U.S.A. or
FARMER'S MARKET MINI CUCUMBERS
product of Canada, Canada no. 1 grade
pavillons ou mini-concombres
21026479001 EA/20113233001 EA



.59

LIMES
product of Mexico
each
limes
20040489001 EA



2.99

CANTALOUPE
product of Guatemala,
no. 1 grade or
PINEAPPLE
product of Costa Rica
each
cantaloup ou ananas
20167017001 EA/20140993001 EA



2 LB BAG

3.99

FARMER'S MARKET GRAPEFRUIT
product of Turkey,
LEMONS
product of South Africa
or **NAVEL ORANGES**
product of Spain, Morocco,
Turkey or Egypt
pomelo/morisse ou oranges
ou citrons
20118409001 EA/20142943001 EA/
20795313001 EA



283 G

1.99

FARMER'S MARKET GRAPE TOMATOES
product of Mexico
tomates raisins
21367888001 EA



681 G

4.99

PC VARIETY TOMATOES
product of Canada or Mexico
tomates
20949866001 EA



4 LB BAG

4.99

FARMER'S MARKET AMBROSIA or ROYAL GALA APPLES
product of Ontario,
Canada fancy grade
tomates
21307912001 EA/20767999001 EA

* Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the No Frills store where purchase originated. The guarantee does not apply to produce items with a stated "best before" date (e.g. bagged salad kit, packaged bean sprouts) and may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.



2.99
LB

PORK COMBO CHOPS
bone-in, fresh
côtelettes de porc
6.59/kg
20483470, KO

WHILE QUANTITIES LAST

3.49
LB

WHOLE CHICKEN
air chilled, fresh
poulet entier
7.69/kg
20480992, KO

WHILE QUANTITIES LAST



3.99

LILYDALE TURKEY BREAKFAST SAUSAGES
selected varieties
375 g
saucisses de dinde à déjeuner
20796132, EA



**CLUB
SIZE**

6.49
LB

EXTRA LEAN GROUND BEEF
fresh
boeuf haché
14.31/kg
20257910, KO



PMC BASA FILLETS 400 g,
**ANCHOR'S BAY
MUSSEL MEAT** or
**COOKED CLAM
MEAT** 340 g
frozen
filet de pangasius ou
chair de moule ou palourde
21432207, EA

3.99



**SEAQUEST® RAW
SHELL ON SHRIMP
or COOKED PEELED
SHRIMP**
36-43 count per lb, frozen
300 g
Crevettes
21043683, EA

5.99



36-45/lb
Pacific White Shrimp
Crevettes blanches du Pacifique

300 g (0.66 lb) **COOKED • CUITES**



PILLER'S KOLBASSA
or **SLICED PEPPERONI**
selected varieties
250/375 g
kolbassa ou pepperoni tranché
2043333, EA/2056447, EA

\$6



**NO NAME®
SMOKED
SAUSAGE**
selected varieties
900 g
saucisse fumée
20734271, EA

6.99



2.99

**PC® DIPS or
HUMMUS**
selected varieties, 227 g
trappettes ou hummus
20364097, EA/20584212, EA



2.99

ZIGGY'S® SALAD
selected varieties
454 g
salade
20209146, EA



1,000

7.99

BALDERSON CHEESE
selected varieties
250/280 g
fromage
21493413, EA



1.97

**NO NAME®
BAGELS or
ENGLISH
MUFFINS** 6's,
TORTILLAS 320 g
or **BUNS** 8's
selected varieties
bagels ou muffins anglais
ou tortillas ou petits pains
21297831, EA/21297780, EA



2.49

WONDER BREAD
675 g or **BUNS** 8's
selected varieties
pain ou petits pains
20276296, EA/20297423, EA



\$5

**SIMPLE JOYS
FILLED CROISSANTS**
selected varieties
272 g
croissants fourrés
21270491, EA

BREAKFAST DEALS FIT FOR A QUEEN

SAVE 20%
3.99

SUN-MAID RAISIN BREAD
450 g
pain aux raisins
3014372 SA



SAVE UP TO 37%
4.99

PC® BLUE MENU® EGG WHITES
1 kg or FREE RUN LARGE WHITE EGGS 12x
blancs d'œufs ou œufs
3061342001 SA

SAVE UP TO 25%
2.99

CAVENDISH ALL-DAY BREAKFAST or FRIES
selected varieties, frozen
400-750 g
pommes de terre rissolées ou frites
3147972 SA



SAVE UP TO 27%
3.99

PHILADELPHIA CREAM CHEESE PRODUCT 227/250 g
selected varieties
produit de fromage à la crème
30641247 SA/3064424010 SA

NEILSON 5/10% 1 L or 18/35% 473 mL CREAM
crème
3012349 SA

2.49

DOM Specialty Spécialité
Smoked Steelhead Salmon pre-cooked, 50 g or SEAQUEST® FLAVOURED ALASKA POLLOCK ready to eat, 227 g saumon ou galinette
3070245 SA

2.99

BEYOND BREAKFAST SAUSAGE
CLASSIC CLASSIQUE
NET 225 g

6.99

BEYOND MEAT PLANT BASED BREAKFAST SAUSAGES
235 g
saucisses à déjeuner à base de plantes
31299430 SA

Naturally Imperfect Naturellement imparfaits
strawberries fraises
450 g OUSC43 100%
raspberries framboises
450 g OUSC43 100%

ALWAYS \$3

NO NAME® FROZEN FRUIT
selected varieties
300/400 g
Fruits surgelés
3134307 SA/31343104 SA

DANONE OÏKOS YOGURT TUB
selected varieties
450/750 g
contenant de yogourt
3106424 SA/3106425 SA

5.49

PC® SHREDDED CHEESE
selected varieties
250-320 g
fromage râpé
3104001 SA

5.49

PIZZA MOZZARELLA
SHREDDED CHEESE FROMAGE RÂPÉ

TWININGS HERBAL TEA-TISAN
Lemon & Ginger Citron et gingembre
24 g

2.99

PC® TWININGS HERBAL TEA
selected varieties
20 x
thé
3034074001 SA/30427913001 SA

QUAKER CEREAL
325-500 g or HARVEST CRUNCH 400-510 g
selected varieties
céréales
3121934 SA

3.99

HARVEST CRUNCH ORIGINAL

DEL MONTE JUICE BLENDS
selected varieties, refrigerated
2.5 L
mélanges de jus
31427174 SA/31427381 SA/31397356 SA

5.29

LINDT SWISS CLASSIC - MERCI TABLET
selected varieties
100/112 g
chocolat
3034074001 SA/31397356 SA

2.79

PEARL MILLING COMPANY PANCAKE MIX SYRUP 400 g
selected varieties
mélange à pancakes ou sirop
3104001 SA/3104002 SA

3.49

PC® MAXWELL HOUSE - NABOB TASSIMO DISCS
selected varieties
8-18 x
disques de café
3034074001 SA/31397356 SA

5.99

PC® 100% PURE MAPLE SYRUP
500 mL
sirop d'érable
3034074001 SA

10.99

Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. *PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details.

FOR THE MOM THAT HAS EVERYTHING



\$16

ROSES
assorted colours
dozen
roses
21397547 EA

WHILE QUANTITIES LAST



\$20

MOTHER'S DAY EXQUISITE MIXED BOUQUET

bouquet
21397548 EA/21481096 EA

WHILE QUANTITIES LAST

DIG THESE LOW PRICES

Scharringa Greenhouses

A family-owned business since 1962, Scharringa Greenhouses provides top-quality plants and flowers with a goal to promote happiness. Shop their products at No Frills® stores across Ontario.



ANNUALS
8 inch
selected varieties
annuals
21023618 EA

WHILE QUANTITIES LAST

\$9*



*not available in Rocco's No Frills, 200 Front St E Toronto, Alan & Michelle's NOFRILLS North Bay 975 Mckeown Avenue North Bay, Chris' NOFRILLS Etobicoke 460 Renforth Drive Etobicoke, Jeff & Tanis' NOFRILLS 300 Lakeshore Drive North Bay, Tony's NOFRILLS Hamilton 770 Upper James Avenue Hamilton, Mark's NOFRILLS St Catharines 581 Lake Street St. Catharines, Domenic's NOFRILLS Guelph 35 Harvard Road Guelph, Nicholson's NOFRILLS Toronto 2187 Bloor Street West Toronto, Durante's NOFRILLS North York 1 York Gate Blvd North York, Oleg's NOFRILLS Oakville 1395 Abbeywood Drive Oakville, Joe's NOFRILLS Toronto 345 Bloor Street East, Unit 1A Toronto, Anthony's NOFRILLS Toronto 1435 King Street West Toronto, Agostino & Nancy's No Frills 151 Bloor St E Oshawa, Gary's No Frills 7 Base Line Rd E London



SAVE UP TO 33%

5⁹⁹

BECHEL MARGARINE
selected varieties
637/850 g
margarine
30297918002 SA



SAVE UP TO 35%

4⁹⁹

CHAPMAN'S FROZEN YOGURT or SORBET 2 L or SUPER NOVELTIES 8-20's
selected varieties, frozen
yogourt surgelé ou friandises glacées
30117581001 SA/20514434001 SA



SAVE UP TO 25%

2⁹⁹

CLOVER LEAF WHITE TUNA or PINK SALMON
selected varieties
170-213 g
thon blanc ou saumon rose
30256218001 SA



SAVE UP TO 20%

5⁹⁹

EGGO WAFFLES
16's selected varieties, frozen
425-600 g
gâufres
300972004 SA



2⁹⁹

NO NAME® PROCESSED CHEESE SLICES
selected varieties
400 g
tranches de fromage fondu
31220995 SA



2⁹⁹

ALLEN'S FRUIT COCKTAIL DRINK BOXES 8x200 mL, MIO, CRYSTAL LIGHT or KOOL-AID DRINK MIXES 48 mL/22.56 g
selected varieties
cocktail aux fruits ou mélanges à boisson
30115996002 SA/20663423 SA



9⁹⁹

HIGH LINER PAN-SEAR or SIGNATURE CUTS or BITES
selected varieties, frozen
425-600 g
poisson
30296596002 SA/21184254 SA



1⁵⁰

FRUITÉ DRINK
selected varieties
2 L
boisson
30340658005 SA



2⁶⁹

MOTT'S FRUITSACTIONS SAUCE
selected varieties
6's
purée de fruit
30234341001 SA



4²⁹

OASIS HEALTH BREAK or SMOOTHIE or TROPICANA BEVERAGES or PURE LEAF ICED TEA
selected varieties, refrigerated
1.54-1.75 L
boissons ou thé glacé
21358461 SA/21329910 SA



5⁴⁹

JACK LINK'S JERKY
selected varieties
65-150 g
jerky
30501983002 SA



6⁹⁹

SAN PELLEGRINO SPARKLING FRUIT BEVERAGES
selected varieties
6x330 mL
boissons pétillantes aux fruits
21341013 C06/21432206 C06



7⁴⁹

PEPPERIDGE FARM GOLDFISH CRACKERS
family pack, selected varieties
750 g
croquillons
21162365 SA



1⁹⁹

COCA-COLA or PEPSI SOFT DRINKS
selected varieties, 2 L
boissons gazeuses
30297926002 SA/20514033002 SA



\$3

MONSTER 473 mL or RED BULL 250 mL ENERGY DRINKS
selected varieties
boissons énergisantes
30792466 SA/20928249 SA



8⁹⁹

GLAD KITCHEN CATCHER or WHITE GARBAGE BAGS
selected varieties
10-52's
sacs à ordures
21339461 SA



3⁴⁹

FEBREZE AIR MR. CLEAN ALL PURPOSE CLEANER MAGIC ERASER 2's
selected varieties
désodorisant ou nettoyant ou effleurant
208207 SA/21184001 SA



6⁹⁹

NO NAME® LAUNDRY DETERGENT 4.0 L, FABRIC SOFTENER 3.3 L or DRYER SHEETS 300's
selected varieties
détergent ou assouplissant
30474201 SA/21360272 SA



10⁴⁹

DAWN DISHWASHING LIQUID
selected varieties
2.66 L
détergent liquide à vaisselle
214288 SA



12⁹⁹

FEBREZE PLUG IN SCENTED OIL REFILL
selected varieties
2's
récharges d'huile parfumée
208207 SA/21184001 SA

DEALS THAT SIZZLE



WOW!
277



D'ITALIANO BUNS
selected varieties
6/8" /
poulets pains /
boules de pain
31440111 SA



SAVE UP TO 20%
799

REA ITALIAN SAUSAGES
selected varieties
720 g
saucisses
31440111 SA

SAVE 30%
449



CRACKER BARREL NATURAL CHEESE SLICES
selected varieties
200-240 g
tranches de fromage
31290703 SA



NO NAME® BURGERS
frozen
2.27 kg
burgers
30060013 SA

WOW!
\$22

PC® CROUTONS
140 g or **SALAD DRESSINGS** 475 mL
selected varieties
croûtons ou vinaigrette
302848001 SA/3079424001 SA

299



PC® BBQ SAUCE
selected varieties
500 mL
sauce barbecue
3031472 SA/31011331 SA

349



249

NO NAME® MARSHMALLOWS
selected varieties
400 g
guimauves
3028479001 SA



399

DORITOS TORTILLA CHIPS 210-280 g or **SMARTFOOD POPCORN** 130-200 g
selected varieties
croustilles de tortille ou maïs soufflé
30073819 SA/31349116 SA



599

CHAPMAN'S PREMIUM ICE CREAM
selected varieties, frozen
2 L
crème glacée
3010337001 SA



279

KOOL-AID JAMMERS 10x120 mL or **DEL MONTE ON ICE REFRESHER** 1.29 L
selected varieties
boissons
3009976004 SA/31379041 SA



499

PAM COOKING SPRAY
selected varieties
141/170 g
vaporisateur à cuisson
3031327001 SA



749

PC® DE-ALCOHOLIZED WINE
selected varieties
750 mL
vin déalcoolisé
31044012 SA/31301907 SA/
31403389 SA



549

NO NAME® NAPKINS
500's
serviettes
30284877 SA



1149

ZIPLOC STORAGE BAGS
selected varieties
40-270's
sacs de rangement
31191301 SA



1149

PEPSI SOFT DRINKS
selected varieties
24x355 mL
boissons gazeuses
300847012 CA/300847007 CA

BETTER AS A MEMBER

* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing or points. See back page for details.

Get*
2,500 pts

for every \$10* spent on French's ketchup 235-335 mL, mustard 225-330 mL or Worcestershire sauce 235 mL, Frank's Red Hot or Thick sauce 234/160 mL or Stubb's BBQ sauce 430 mL, selected varieties
ketchup ou moutarde ou sauce Worcestershire ou sauce
30802138 SA/30820048 SA

250
value





5.99

PILLSBURY PIZZA POPS™ BITES
selected varieties, frozen
493/740 g
pieces collation au bouchon
3142918 SA



YOPLAIT SOURCE™
MINIGO 4%
TUBES 2% or
YOPLAIT SOURCE
PROTEIN
YOGURT
selected varieties
yogourt
31913881 SA/31913878 SA

2.49



GENERAL MILLS JUMBO CEREAL
selected varieties
823 g-1.2 kg
céréales
3419916 SA

2.99

NATURE VALLEY GRANOLA BARS™
MOTT'S™ or BETTY CROCKER
FRUIT SNACKS
selected varieties
130-230 g
barres au collation
3011328892 SA/3011328901 SA

3.99

OLD EL PASO DINNER KITS
SALSA 430 ml
selected varieties
première à faire au sautoir
3002110004 SA/3002110004 SA

8.99



4.29

PEPSI SOFT DRINKS
selected varieties
6x710 ml
boissons gazeuses
301100440 SA/3011004401 SA

1.99

GATORADE FIT SPORT DRINKS
selected varieties
820 ml
boissons électrolytiques
3110400 SA

CELSIUS ENERGY DRINK
selected varieties
333 ml
boissons énergisantes
3129400 SA/31294001 SA

\$3

JOLLY RANCHER HARD CANDY
182/198 g
TWIZZLERS GUMMIES
170/173 g or
HERSHEY'S FAMILY BAR
100 g
selected varieties
bonbons au sucre
300791101 SA/31121008 SA
WHILE QUANTITIES LAST



2.49



HERSHEY'S STAND UP POUCH
140-200 g or
MULTIPACK 4x
selected varieties
chocolat
300791101 SA/300791101 SA

3.99

TWIZZLERS LICORICE
selected varieties
311-454 g
ngâtes
300791101 SA/300791101 SA



REESE'S LARGE POUCH
selected varieties
800 g
chocolat
3120070 SA

2.49

9.99



\$1

NESTLÉ SINGLE CHOCOLATE BARS
selected varieties
40-52 g
barre de chocolat
3000014 SA

2.29

NESTLÉ TABLET JUNIORS
90-120 g or
selected varieties
bonnes de chocolat
3110004 SA/31101114 SA

NESTLÉ STAND UP POUCH
130-200 g or
MULTI PACK 4x
selected varieties
chocolat
3000014 SA/3000017 SA

3.49

3.79



DANONE ACTIVIA™ OIKOS DRINKABLE YOGURT
selected varieties
190 ml
yogourt à boire
3000014 SA/3000014 SA

3.33

1.69



5.49

DANONE ACTIVIA DRINKS 4% or
TWO GOOD LOW SUGAR YOGURT
selected varieties
yogourt
3110004 SA/3110004 SA

DANONE ACTIVIA YOGURT
selected varieties
12%
yogourt
3000014 SA/3000014 SA

ALWAYS 5.50

OUR BRANDS Made by us, loved by you.



no name®



3.50

638 g

NO NAME® ORIGINAL GARLIC TOAST
16's
toast à l'ail
21341140 EA



\$6

ZIGGY'S® SLICED DELI MEAT or STRIPS 150-600 g or **CHEESE SLICES** 200/220 g
selected varieties
charcuteries tranchées ou lamères ou tranches de fromage
20817342 EA/20928400 EA



2.99

PC® GREEK YOGURT
selected varieties
4's
yogourt grec
2083062801 EA/2083063803 EA



2.99

PC® OATMEAL
selected varieties
254-344 g
grouu
21309117 EA/21309150 EA



PC® THIN CRUST PIZZA
selected varieties,
frozen
330-397 g
pizza
20971479 EA

\$4



FARMER'S MARKET COOKIES
selected varieties
12's
biscuits
2056A295 EA

\$5



PC® 100% JUICE
selected varieties
1 L
jus ou boisson
20307192 EA/21080958 EA

1.50



PC® THE DECADENT® COOKIE
selected varieties
280/300 g
biscuits
20412237 EA

3.49



ORGANIC
2.79

PC® ORGANICS VEGAN CHEDDAR PUFFS
selected varieties
142 g
sufflons au cheddar à base de plantes
2128484 EA/2128485 EA



2.99

PC® BLUE MENU® CRANBERRY or VEGETABLE COCKTAIL
selected varieties
1.89 L
cocktail de cranberries ou légumes
20830921 EA/20830922 EA



9.49

NO NAME® STRING CHEESE
228 g
fromage effilochable
21341141 EA



1.79

NO NAME® BLEACH
selected varieties
1.27 L
eau de Javel
21341142 EA/21341143 EA



ALWAYS
\$4

LIFE BRAND® MOUTHWASH
selected varieties
1 L
rinçage-bouche
21341144 EA/21341145 EA



8.99

NO NAME® CAT LITTER
selected varieties
18 kg
litière pour chats
201714961 EA

YOU GET, WE GIVE.

When you get participating products* marked in store and online, a portion of the proceeds from every purchase made will be donated to:



DANONE ACTIVIA 650 g or
DANINO KIDS DRINKABLES 6's YOGURT
selected varieties
yogourt à boire
3022132003 SA/21320250 SA

2⁹⁹

LIBERTÉ GREEK MÉDITERRANÉE 650/750 g,
YOPLAIT YOP NO SUGAR ADDED 8's or YOP DRINKABLE 6's YOGURT
selected varieties
yogourt
20442273 SA/21478984 SA

5⁹⁹

iögo nano DRINKABLE YOGURT
selected varieties, 6's
yogourt à boire
2069687001 SA/2069687002 SA

3⁶⁹

siggis simple ingredient skyr
19g
750 g, 81 mL

siggis
selected varieties
650/750 g, 4's
skyr
21332892 SA/21330027 SA

4⁹⁹

STARBUCKS COFFEE ENHANCERS
selected varieties
828 mL
rehausseur pour café
21328473 SA

6⁴⁹

Kellogg's RICE KRISPIES 176/198 g,
POP TARTS 384 g,
SPECIAL K 125 g or
NUTRI-GRAIN BARS selected varieties
barres
2032394001 SA

2⁹⁹

NATURE VALLEY SWEET & SALTY
6
210 g

FIBRE 1 or NATURE VALLEY SWEET & SALTY BARS
selected varieties
barres granola
21213359 SA/21213384 SA

3⁴⁹

NESTLÉ DRUMSTICKS or NOVELTIES 4-10'S or
CONFECTIONARY FROZEN DESSERT 1.5 L
selected varieties
friandises glacées
20222380001 SA/20222380002 SA

4⁹⁹

Kellogg's ALL BRAN 450/525 g,
RAISIN BRAN 425/451 g,
VECTOR SPECIAL K 306/400 g,
VECTOR 317-383 g or
MINI-WHEATS CEREAL
Selected varieties
céréales
20015041 SA/20993424 SA

4⁴⁹

Kellogg's MINI WHEATS!
FAMILY SIZE
197 g

Kellogg's TWO SCOOPS Raisin Bran
FAMILY SIZE
474 g

KELLOGG'S FAMILY SIZE CEREAL
selected varieties
480-650 g
céréales
21430748 SA/21432055 SA

5⁴⁹

GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
475-778 g
céréales
21103492 SA/21103495 SA

5⁴⁹

TROPICANA ORANGE JUICE
selected varieties,
refrigerated
2.63 L
jus d'orange
20119758001 SA

6⁷⁹

STARBUCKS ROAST AND GROUND COFFEE 340 g or
PODS 10's
selected varieties
café torréfié et moulu ou capsules
20548482002 SA/20548482004 SA

9⁹⁹

TIMOTHY'S or DONUT HOUSE COFFEE PODS
selected varieties
30's
capsules de café
20899892 SA/21433335 SA

13⁹⁹

*In conjunction with our partners, a maximum of \$1,000,000 will be collectively donated to President's Choice Children's Charity from purchases of participating products made at NOFRILLS® this year.

YOU GET, WE GIVE.

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LACTANTIA PURIFILTRE 2 L or ULTRAPUR 1.5 L MILK
selected varieties
full
2142491 SA



4.99

NESCAFÉ or TASTER'S CHOICE COFFEE
selected varieties
100-170 g
càfé
20441811001 SA/20072036 SA



4.99

Optimum
Members-Only Price™
\$2
Non-members
2.49



CADBURY FAMILY BAR 95/100 g or **MAYNARDS CANDY SMALL BAG** 150/154 g
selected varieties
friandises ou barres de chocolat
21343554 SA/2022192001 SA

2.49



LECLERC NÜGABAR
selected varieties
175 g
barres
2128094 SA/21334097 SA

2.99



OCEAN'S WHITE TUNA 170 g or **GOLD SEAL PINK SALMON** 213 g
selected varieties
filets de thon ou saumon rose
21062216 SA

PRINGLES POTATO CHIPS
selected varieties
148/154 g
croustilles
21002822 SA/21002822 SA



2.49



LECLERC CELEBRATION COOKIES
selected varieties
245/200 g
biscuits
2102047 SA/2102047 SA

2.79



ORVILLE REDENBACHER MICROWAVE POPCORN 385-492 g or **KERNEL JAR** 850 g
selected varieties
maïs à délayer ou en pot
21062202 SA

3.99



CHRISTIE CRISPERS
selected varieties
145 g
croustilles
2124432 SA

2.29



CHRISTIE CRACKERS
selected varieties
175-200 g
croustilles
2102047 SA/21314704 SA

2.49



CHRISTIE COOKIES
selected varieties
251-303 g
biscuits
2102047 SA/21314704 SA

2.79



TOSTITOS TORTILLA CHIPS
selected varieties
205-293 g
croustilles de tortilla
2104073 SA

3.79



MISS VICKIE'S KETTLE COOKED POTATO CHIPS
selected varieties
190-220 g
croustilles
2104073 SA

3.99



RUFFLES POTATO CHIPS
selected varieties
180-210 g
croustilles
2104073 SA

3.99

YOU GET, WE GIVE.

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COCA-COLA SOFT DRINKS or NESTEA ICED TEA
selected varieties
12x341/355 mL
boissons gazeuses ou thé glacé
2013046002, C12/2031894002, C13




6⁹⁹

PEPSI SOFT DRINKS
selected varieties
8/12x355 mL
boissons gazeuses
20322361003, C12/
2134184, C08




6⁹⁹

GLACEAU VITAMINWATER 991 mL or SMARTWATER 1 L
selected varieties
boisson à l'eau enrichie de nutriments ou eau distillée
20134181, EA/2033319400A, EA




1⁹⁹

GATORADE SPORT DRINKS
selected varieties
6x591 mL/8x355 mL
boissons deshydratantes
20023218001, C04/
21144182, C06




5⁴⁹

MOTT'S CLAMATO
selected varieties
1.89 L
jus de tomates
203154002, EA/21371200, EA



3⁷⁹

MONTELLIER
10x355 mL
10x355 mL
10x355 mL
boissons gazeuses
203154002, EA/21371200, EA




5⁹⁹

AHA
selected varieties
12x355 mL
eau pétillante
2134184, C08



1,000⁰⁰ **\$1 Value**

5⁹⁹

CHARMIN BATHROOM TISSUE 8x24 TRIPLES or BOUNTY PAPER TOWEL 4x6
selected varieties
2134184, C08




7⁹⁹

FINISH DISHWASHER TABS 30x57 or JET-DRY 946 mL
selected varieties
résines de détergent pour lave-vaisselle au régime de rinçage
2134184, EA/2134184, EA




13⁹⁹

AIR WICK SCENTED OIL REFILLS 5x20 mL or KITS 2x3x20 mL
selected varieties
bâtes parfumées ou recharge
2134184, EA/2134184, EA




14⁹⁹

SWIFFER WETJET LIQUID REFILL 1.25 L, DUSTER KITS 1 or WET CLOTH REFILLS 10x17 or DRY CLOTH REFILLS 10x19
selected varieties
réfils pour le balai, kits de brosses ou chiffons
203154002, EA/21371200, EA




7⁴⁹

TIDE LIQUID 1.88 L or PODS 20x25/782 LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER 3.89-5.43 L, DOWNY + GAIN SCENT BOOSTERS 379 g, BOUNCE DRYER SHEETS 20x300
selected varieties
détergent au moussage, adoucissant ou feuilles
2134184, EA/2134184, EA




10⁹⁹

PUREX LIQUID LAUNDRY DETERGENT 4.08-4.43 L or SNUGGLE FABRIC SOFTENER 3.43 L
selected varieties
détergent au moussage, adoucissant ou moussage
2134184, EA/2134184, EA



12⁹⁹

TIDE LIQUID 2.9 L or PODS - FLINGS 45/53/782 LAUNDRY DETERGENT
selected varieties
détergent à liquide
2134184, EA/2134184, EA




20⁹⁹

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ONLINE 07 NFO



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Optimum™ points.**



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on select items.**

The  NOFRILLS thing to do.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. We reserve the right to cancel or change the terms of this offer at any time without notice.

‡Throwback Prices: Program applies to one item weekly, as advertised in-store/online at nofrills.ca.

ONLINE NF MKT